

May 21, 2021

Dear Hidden Valley 4-H Camp Families,

We are so happy that we will soon be at camp for the 2021 season and are looking forward to welcoming your camper for our **75th** year operating camp. We have been waiting to send out an update until after we received our Guidance from the New York State Department of Health (NYSDOH) in regards to Covid-19 regulations and we have just received our guiding document on **May 19, 2021**.

We are very pleased to share that the Guidance coming from NYSDOH falls right in line with the documents we have used to assist in creating our Covid-19 Mitigation Plan from the American Camp Association. As we have shared in our updates on our website we will be wearing masks unless six feet of distance can be maintained and will have campers remain in PODS of not more than 25. Most of our programming takes place outdoors, which is great news.

A few things to note that we will need to follow:

1. Limited access to families during drop- off and pick-up. Attached to this email you will receive our Drop off and Pick Up policy for campers.
2. We will need to do pre-arrival testing for **Overnight Campers** only. We have worked with Grapefruit Health on testing and we have found their support, questions and ease in supporting this requirement to be outstanding. Testing will be done through a PCR kit that is sent to your home by Grapefruit Health and you will receive a Telehealth Video Call with a Provider to instruct you on how to complete the test. It is the lower nasal swab and not the type of test that goes into your nasal cavity.
 - a. *****Please read** over and review the Fact Sheets attached to this email from Grapefruit Health – they provide the details on how this process will work.
 - b. Please visit [Grapefruit Testing](#) for additional information.
 - c. *****If you have additional questions please email our Camp Registrar, Dayna Karius at dk576@cornell.edu**. We will host a Zoom Town Hall that will be pre-

recorded to share an update around safety protocols at camp and will make certain that your questions are addressed.

3. Medical Staff at Camp – We have a Health Manager that resides on the property during the entire time your camper is with us. We also will have additional medical staff support from Grapefruit Health throughout the camping season, and have access to a Medical Provider for the full 24 hours each day.
4. One other note that we want to share – all paperwork needs to be submitted ahead of time. We cannot accept forms when you come to camp, and we know that many Medical Provider offices need time to fill out forms. It is helpful for our team to have the forms at least 15 days prior to your camper arriving. Those forms include:
 - a. **Health Forms**
 - b. **Code of Conduct**
 - c. **Photo and Video Form**
 - d. **Camp & Covid-19 Acknowledgement of Risk**

We are looking forward to a fun camping season, and want to celebrate being open. We are pleased to have Bruce Condie join us as our Camp Director. He brings years of camping experience along with being a member and leader with our 4-H Alumni families. We also have a new Executive Director at Cornell Cooperative Extension, Nathan Scott joined the CCE family in late January and will also be assisting with the behind the scenes operational pieces of camp.

As always, we cannot wait to see your camper around the campfire!

Respectfully,



Melissa C Schroeder

Youth and Family Issue Leader

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Dear Friends,

Throughout the COVID-19 pandemic, there has been an ongoing process of developing policies and procedures to ensure the health, safety, and well-being of campers, their families, and staff during the 2021 camping season. In that vein, we at **Grapefruit** have been working with the team at **Hidden Valley 4-H Camp** to meet and exceed the highest standards in the camping industry for COVID mitigation and testing.

Who are we?

We're a group of physicians, researchers, and scientists who work with camps to keep them safe. Our team members have overseen more than 1,000,000 COVID tests since the beginning of the pandemic, and we are fortunate to leverage our network of laboratories, first responders, and public health experts to bring those same tests directly to you—with no out-of-pocket cost.

How does this work?

After signing up through our online portal and receiving a test kit in the mail, you'll schedule a brief telemedicine visit with one of our **board-certified doctors**. We'll walk you through everything and get your test kit and sample processed in time for camp arrival.. Results are sent by email and text message, usually within 24 hours.

What's next?

In the coming days, keep an eye out for an email from **Grapefruit** to sign up for and schedule your pre-arrival testing. A pre-arrival PCR test is *required* to attend camp this year. To make this as *sweet & simple* as possible for you, we'll mail the test kit directly to the address you have on file with **Hidden Valley 4-H Camp** and that is shared with us. Continue to practice good COVID-19 mitigation measures—including wearing a face covering in public, maintaining social distancing whenever possible, washing your hands thoroughly throughout the day, and getting immunized with the COVID-19 vaccine as soon as possible.

Is that it?

That's it. We at **Grapefruit** believe COVID testing should be simple, and we'll make sure the process is as seamless as possible. If you have any questions or concerns, don't hesitate to visit us at www.GrapefruitTesting.com, email us at info@grapefruithealth.net, or call us directly at 646-653-2262.



Frequently Asked Questions:

Can you run me through the whole process?

Sure. We're going to mail you a COVID-19 test kit while you book an appointment with us here: <https://nextpatient.co/p/grapefruit-health/schedule> (don't worry, we'll email you directly to book, too). **You will book your appointment for three days before camp.**

Three days before camp, you'll meet us in our virtual waiting room here: <https://Grapefruit.doxy.me/grapefruit>. We'll walk you through performing the test, which you'll then place in the provided pre-paid packaging to ship back to us overnight. All you'll need to do is drop it in the closest mailbox.

What type of test is being performed?

Our laboratory performs a test called reverse transcription polymerase chain reaction (RT-PCR). You may also hear this type of test being referred to as a "molecular" or "viral" test. This type of test is considered the "gold standard" for the diagnosis of COVID-19.

Is this the long and painful nasal swab?

Nope, no brain swab here. Our samples are painless lower nasal swabs--just inside the nostril, no deeper than picking a booger! There are a number of studies that show these easy, self-administered tests are the best option for screening testing.

How do you keep my information safe?

We keep all patient information in our secure electronic health record, and perform our visits through completely secure, encrypted, HIPAA-compliant technology.

Will I be charged for this?

Since the passage of the Families First Coronavirus Response Act (FFCRA), most people should not face costs for the COVID-19 test or associated costs. Lasting for the duration of the public health emergency, all forms of public and private insurance must now cover FDA-approved COVID-19 tests and costs associated with diagnostic testing with no cost-sharing, as long as the test is deemed medically appropriate by an attending health care provider (that's us!). For individuals without insurance, the federal government steps in to cover the cost. *You'll never receive a bill from Grapefruit.*

What do I need for my telehealth appointment?

Any smartphone, tablet, or computer that can browse the internet will connect to our secure telehealth waiting room--no app needed. You'll need a webcam (or camera phone) and your COVID-19 test kit, which we'll mail to your home about a week before camp. Don't complete the swab before your telehealth appointment.

I haven't received my COVID-19 test kit yet, and camp is 7 days away. What should I do?

Email us immediately at info@grapefruithealth.net or call 646-653-2262.